|  |  |  |  |
| --- | --- | --- | --- |
| 7TH & 8TH Grade Girls Athletics  6-Week Snapshot | | | |
| \_3 Six Weeks | | | |
| Unit | Topic | | TEKS/Learning Target |
| Basketball | -Continue Fundamentals & add advanced shooting, off, moves, & defensive rotation  -Advance every aspect of defense & offense  -#’ed break  -One on one, 2 on 2, 3 on 3 w/ rules | | Athletes will continue using the skills they have learned to play the game of basketball. |
| Off-Season | Cardio – sprints, 300’s, 400’s, 800’s, plyo’s - boxes  Strength training – dead lift, hang clean, squats, bench press, push press  Agility – ladders, hurdles, dots | Athletes will condition their bodies through cardio exercises and strength training. | |
| Important Dates | TBA | |  |